Supplementary Image 1. Illustration of how the collective phenomenological categories were obtained. At the step of identifying the components of the phenomenological experiential units, words in grey are components that remain active at the considered instant, but which were delineated through front units to the current unit of experience. Words in black highlight the components that were especially identified through the present verbalizations. PHENOMENOLOGICAL ANALYSIS) DATA COLLECTION (DEDICATED TO THE Video recording of the crew activity Individual self-confrontation interview 00:40 **Stroke Rower Bow Rower** Here, always good Rower 1: And now what about your feelings: Okay. Is this what you were thinking about at this moment? Or is it VERBALIZATION Researcher: Here! We are already beginning to be a little more because you see the movie? Rower 1: coordinated. At this moment, I don't think about this. I thought to propel more Rower 1: and I already began to feel the fatigue. Time code: (min: sec) Researcher And what about your technical point of view? Researcher: I see that my outer arm is not necessarily stretched. Normally, Yes, so at this moment, I did not necessarily think to tell me... I felt Rower 1: this arm must be stretched, but I keep it a little bent. Rower 1: as if the boat were skiing Researcher: Okay. But did you really feel at this moment the boat skiing? Researcher: Do you say it to yourself when you are rowing at this moment? Yes, I felt the boat skiing on the water. Rower 1: Rower 1: Researcher: 00:45 Well I: To drive well the boat / To keep the boat stable / To synchronize with his I: To apply coach instructions / To hold on the back / Up hands on the front / To be synchronized with his partner / To have a maximum amplitude / To propel the partner /Adapt to his partner / To put the same force as his partner during the oar stroke / To drag the boat as soon as possible / Be technically just in his **PHENOMENOLOGICAL** EXPERIENTIAL UNIT E: Be well synchronized with his partner / Row with a big amplitude / Maintain **E**: Make a straight line with the boat / Be well synchronized with his partner the boat rhythm NUMBER: 11 The boat should stay flat / Expects his partner grows as they usually do / Find « the optimal intensity » / Do not make technical fouls **K:** With the fatigue, he has trouble concentrating on the instructions $\mathbf{K}: NI$ P: Coach instructions / feeling tired / Feel the boat as stable / Feel a good boat propulsion / Feel a well skiing of the shell **P**: Feeling on the position of his body and its movements / sees the boat as stable A: Feels the wind blowing on their back / Perceives the boat skiing A: Looks at the shoulders and hands of his partner / Puts on the same intensity as his partner / Perceives the boat skiing / Flexed his arm \mathbf{RK} : NIRK: Realizes that he made a technical error ANALYSIS THEMATIC Joint action experienced as "Effective" Joint action experienced as "Effective" GICAL ĮΊ PHENOMENOLOC CATEGORY Simultaneously and Similarly Experienced as Effective (SSE-E)